

SENIOR CENTER

PARK CITY

KANSAS

6100 N.

HYDRAULIC

M-F 8:30AM—

4:30PM

Activities at the Park City Senior Center are available to anyone 55 years and older.

No membership fee is required to participate in activities. The operation of the building is supported and funded by the City of Park City and Monies from Sedgwick County Mill Levy. For information on events, programs, activities or needed services, contact the Park City Senior Center Director at 316-744-1199.

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The Senior Scoop

DECEMBER 2023

From the Director's Desk...

Hello Everyone!

Happy Holidays!

Though the holiday time can be joyous for many, for others it can increase feelings of isolation and loneliness. This is my annual PSA to say that the senior center is here for anyone who may be feeling a little lonely. One of the hardest things to do when you are feeling sad and alone is to get out of the house and meet new people or try new things. But I promise you will not regret it. On the flip side, if you know of someone who may be homebound or socially isolated, reaching out is always the best choice.

Loneliness and isolation have been associated with an increased risk of dementia, heart disease, stroke, depression, and anxiety. Social interaction is and will always be some of the best medicine.

I hope you all have a fabulous holiday season! I

can't wait to celebrate with you all here!

See you at the center!

-Madison



Madison Shriner, Director

Office Phone: 316-744-1199

Email: mshriner@parkcityks.gov

Chisholm Trail Seniors

The Chisholm Trail Seniors, Inc. is a club for seniors 55+. They, along with their governing board, work to improve the well-being of Park City seniors and the community they live in. \$5 annual dues are required for membership to this group. For more information please contact President Larry Cross at 316-260-4282. Each month the club hosts a meeting, program, and catered meal at the Park City Senior Center and all are welcome!

- **Dec 4th—Board Meeting 10:00 am**
- **Dec 6th—Meeting and Catered Lunch 10:30 am**

Program: Fulton Valley Farms

****Meal catered by Cheaper by the Dozen.
\$12 per person. Please RSVP by the Friday before****

Ongoing Programs...

Well-REP

**Tuesdays & Thursdays
9:30 AM**

WSU Exercise Science Students instruct this chair exercise class incorporating strength, flexibility, and balance training.

Line Dancing

Wednesdays 2:30PM

Group line dancing for an easy, fun, & healthy time!

Foot/Nail Care

2nd Wednesday with Michelle Steinke—Call 946-0722

Every 9 weeks with Her-mes Healthcare—Call 260-4110

Video Exercise

Mondays & Wednesdays 9:30AM

Group exercise to a video workout series. All are welcome.

Square Dance Thursdays 7PM

Advanced square dance group. Please call Tammy at 371-3991 for more info!

Game Groups

Pitch—Mondays 1 PM

Bridge—Tuesdays 1 PM

Pinochle—Fridays &

Saturdays 1 PM

Mah Jong—Tuesdays &

Thursdays 10:30 AM

“Traditional” Game

Day—Fridays 1:00 PM

Chair Yoga

Fridays 9:30 am

Instructed by certified yoga instructor Marianna Evans.

Plus... a variety of other programs including Wii-Bowling, billiards, dance aerobics, TOPS (Call Monty at 755-1055), and round dance (Call Diane at 522-2315).

****Please check calendar insert for accurate dates and times****

Special Programs & Events...

Christmas Card Making

Friday, Dec 1st 1:30 pm

Paper crafter Patricia D'Angelo shows you how to make fun and festive holiday cards to send to your loved ones. All materials and instruction included!

Please call 744-1199 to sign up!

Improve Your Balance Workshop: Part III— Core & Posture

Monday, Dec 4th 3:30 pm

Part three of the Improve Your Balance series with Yoga Wellness Educator Marianna Evans... All About Core & Posture! During this session we'll focus on finding, engaging, and strengthening your core muscles, helping you maintain better posture. You'll be guided through a series of exercises that improve both physical and mental balance, leaving you feeling more centered and confident in your everyday activities. Using the chair for support, we'll explore the various muscles of core that directly affect our posture. Some work is done seated, some will be done standing. Expect a fun class as you experience changes in your balance in just one hour. Everyone welcome! No need to have participated in Class 1 or 2 before joining this class. Class is free to participants but please call 744-1199 to sign up!

Holiday Lights Tour

Thursday, December 21st 5:30 pm

Join us in viewing the beautiful Christmas lights around the Wichita area for two hours in a fun Spot's party bus. Holiday music and snacks included! \$13 per person. Reservations must be made by Monday, December 18th by calling 744-1199 (sorry no refunds after this date).

Shop Around Fridays: Target

First Friday of the month: Dec 1st 10:30 am

Meet at the senior center to go for a quick shopping trip at various locations in the senior center van.

Please sign up in advance by calling 744-1199. The ride is free but anything purchased is up to the participant. This month we are getting a head start on our Christmas shopping and going to Target!

AARP Smart Driver Course

Monday, Dec 11th 10:30 am—3:30 pm

Take this course targeted for seniors to stay safe on the road and receive an insurance discount. Learn techniques for handling left turns, right-of-way, and roundabouts while refreshing your driving skills. Cost is \$20 for AARP members and \$25 for non-members. Space is limited! Call 744-1199 to reserve your spot.

Holiday Cookie Exchange Party

Thursday, Dec 14th 2:00—3:30 pm

Join us for a fun holiday gathering! Bring 2 dozen of your favorite holiday cookies to 'exchange' with other partygoers. Light refreshments, to-go cookie containers, holiday music, and games provided! Please RSVP to Madison at 744-1199 and turn in your cookie recipe (for sharing) in advance.

Blow Your Own Ornament at Karg Art!

Wednesday, Dec 20th 10:45 am—2:30 pm

Join us for an outing to Karg Art to blow your own Christmas tree ornament! You pick the design and color then provide the breath to blow your one-of-a-kind piece of artwork. We will first grab lunch as a group at Napoli Italian Eatery before heading to the art studio. Price is \$37.50 for the ornament (paid at Karg) and lunch will be around \$15. Please call 316-744-1199 to reserve your spot!

Friendship Meals/Meals on Wheels

A hot nutritious meal is offered Monday—Friday at 11:30 am from Aging Projects, Inc. Anyone 60 and over automatically qualifies for the meal program at the congregate site for a sug-

gested \$3 donation per meal. (Under 60 years \$6.75 per meal).

Reservations can be made by contacting the site manager at 316-744-0751. Meals on Wheels also availa-

ble for the homebound in Park City, Bel Aire, Kechi & Valley Center.

Reservations must be made by Wednesday the week before.

Volunteer Drivers


Needed! Call

316-744-0751 for more information

Aging Projects Inc.
19 Serving Days
2 Holidays

December 2023

This menu served in:
Butler, Harvey, Sedgwick Co.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY MEAL PATTERN Protein = 3oz (minimum) Vegetable = 1/2c (1C leafy greens) Fruit = 1/2c (1/4c dried) Grains = 1/2c or 1oz eq (50% whole grain) Dairy = 1C				1
				Tuna Pasta Salad 8oz Tomato Salad 4oz Applesauce 4oz Crackers 2pks Milk 8oz (All Cold)
4	5	6	7	8
Glazed Chicken 3oz Mixed Vegetables 4oz Pears 4oz Wheat Roll w/ Margarine Milk 8oz	Sloppy Joe 4oz (on) Whole Grain Bun Coleslaw 4oz Pineapple 4oz Milk 8oz	Mexican Pork Stew 8oz Hominy 4oz Tropical Fruit 4oz Cornbread Muffin w/ Margarine Milk 8oz	Scallop Potatoes & Ham 8oz Peas 4oz Peaches 4oz Whole Grain Breadstick Chef's Choice Birthday Cake Milk 8oz	Chicken Salad 4oz (on) Croissant Copper Pennies Salad 4oz Mixed Fruit 4oz Milk 8oz (All Cold)
11	12	13	14	15
Fish (4oz) Sandwich w/ Cheese (on) Whole Grain Bun / Tarter Sauce Corn Relish Salad 4oz Apricots 4oz Pistachios 4oz Milk 8oz	Chicken & Cheese Cass 8oz Peas & Carrots 4oz Flavored Applesauce 4oz Whole Grain Garlic Bread Milk 8oz	Creamy Turkey & Veg Cass 8oz Green Beans 4oz Blushing Pears 4oz Wheat Bread w/ Margarine Milk 8oz	Calico Beef & Beans 8oz Combination Salad 1C Dressing Packet Pineapple 4oz Cornbread Muffin w/ Margarine Milk 8oz	BBQ Pork Riblet 3oz (on) Whole Grain Hoagie Roll Scalloped Potatoes 4oz Cinnamon Apples 4oz Milk 8oz
18	19	20	21	22
Christmas Meal Holiday Ham 4oz Sweet Potato Casserole 4oz Ambrosia Fruit Salad 4oz Whole Grain Dinner Roll w/ Margarine Milk 8oz	Turkey & Broccoli Pie 8oz Three Bean Salad 4oz Mixed Fruit 4oz Whole Grain Garlic Breadstick Milk 8oz	Beef Cutlet 3oz (in Gravy) Mashed Potatoes 4oz Calico Salad 4oz Wheat Roll w/ Margarine Milk 8oz	Creamed Chicken 4oz (over) Whole Grain Biscuit Mixed Vegetables 4oz Pineapple 4oz Milk 8oz	Beef Hot Dog (on) Whole Grain Bun Mustard & Ketchup Baked Beans 4oz Coleslaw 4oz Peach Crisp 4oz Milk 8oz
25	26	27	28	29
		BBQ Chicken 3oz Green Beans 4oz Tropical Fruit 4oz Wheat Roll w/ Margarine Milk 8oz	Tuna Salad 3oz (on) Croissant Cuke & Tomato Salad 4oz Pears 4oz Milk 8oz (All Cold)	Cowboy Beans 8oz Combo Salad 1C Dressing Packet Apricots 4oz Cornbread Muffin w/ Margarine Milk 8oz

Important Information

- The senior center will be CLOSED Dec 25th for Christmas. No meals served Dec 6th, 25th, and 26th.
- The Park City Senior Center is hosting our **city wide blood drive** with the American Red Cross Thurs. 12/28 Noon– 6:00 PM! To schedule your appointment visit redcrossblood.org/give or call Madison for assistance at 744-1199.

Need a Ride?! The Park City Senior Center offers transportation through a volunteer transportation program and Lyft Concierge. Please call 316-744-1199 to schedule a ride with one of our programs. Rides must be scheduled at least 2 days in advance. *Volunteers needed!*



Happy Birthday to all the December Birthdays!

Your name is added if you have visited recently. If your information is incorrect please call 316-744-1199

Linda	Ivy	Gary	Hauck	Judy	Grover	Pat	Lyon
Connie	Blevins	Mary	Souter	Darrel	Fillmore	Judy	Traudt
Kimberly	Ferguson	Jacqueline	Miller	Richard	Bennett	Beverly	Krasselt
Rita	Smith	Coresa	Packer	Claudine	Cook	Fredrick	Firner
Janice	Cross	Marion	Crouse	Jay	Warner	Willard	Friend
Diane	O'Donnell	Debra	Clements	MaryAnn	Fenske	Linda	Foos
Alan	Bashford	Jeffrey	Farias	Judy	Peters	Marianna	Evans
Dixie	LaBrue	Carol	Flower	Allen	Hahn	Carolyn	Stanek
				Terry	Trimble	Delores	Newcomer
						Mickel	Tatman
						Janet	Smith
						Marc	Monasmith

Park City Senior Center

6100 N. Hydraulic

Park City, KS 67219

